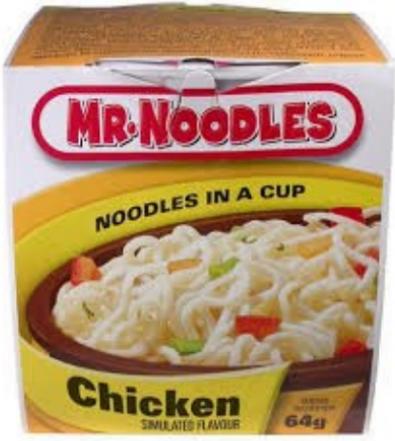


Product	Mr. Noodle Chicken Cup
	
Nutrition	1 / 10
Serving Size	1 cup (64g)
Calories	280
Total fat	10 g
Saturated fat	5 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	830 mg
Total carbohydrate	41 g
Dietary fiber	3 g
Sugars	3 g
Protein	7 g
Ingredients	<p><b>NOODLE INGREDIENTS:</b> ENRICHED FLOUR, PALM OIL, MODIFIED STARCH, SUGAR, SALT, GUAR GUM, GARLIC POWDER.</p> <p><b>VEGETABLES:</b> TEXTURED SOY PROTEIN, DEHYDRATED COTTAGE, DEHYDRATED GREEN ONION, DEHYDRATED CARROTS, FREEZE DRIED CORN, FREEZE DRIED PEAS</p> <p><b>SOUP BASE INGREDIENTS:</b> SALT, SUGAR, ARTIFICIAL CHICKEN FLAVOUR, MONOSODIUM GLUTAMATE, ONION POWDER, SOY SAUCE POWDER (SOYBEANS, SALT, WHEAT), DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC POWDER, DRIED LEEK, CELERY POWDER.</p>
Quality	1 / 10
Nutrient Profile	Low nutrient profile. High amounts of artificial flavouring and processed ingredients. This product contains excessive amounts of salt and high amounts of additives (Monosodium Glutamate = MSG).
Availability	10 / 10
Cost (*prices may vary)	\$ 0.88 / cup
Where to Buy	At most large chain grocery stores. Metro, Freshco, No Frills, Loblaws, Whole Foods, Coppa's, So-beys, Longos, Highland Farms, Fortinos, Real Canadian Superstore

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives

# Tips to Choosing a Healthy Chicken Noodle Soup

## Tip 1: Read the ingredient list

- Whole grain noodles are best! Try and stay away from processed or enriched flour because most of the natural vitamins and minerals have been extracted.
- Stay away from flavour enhancers and additives such as Monosodium Glutamate (MSG)

## Tip 2: Keep the Salt down!

- Aim for the total sodium to be under 300 mg per serving
- Add some fresh herbs or spices (such as basil, oregano, ginger) to enhance the flavour

## Tip 3: Homemade chicken noodle soup

- Making homemade chicken noodle soup puts you in the drivers seat when it comes to ingredients and nutritional value.
- Create your own chicken broth and try out our recipe: [Super Immune Boosting Chicken Soup](#)